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*Vol 1, NO 3* | ***The Voice of North Dundas*** | *November 18, 2020*

# Stuff a Cruiser with Food Drive

*Auxiliary Constable L Brelsford and John Legate at the "Stuff a Cruiser with Food Drive" at the Winchester Foodland.*

*by Joselyn Morley*

The SD & G OPP Auxiliary Unit held their Annual "Stuff a Cruiser with Food Drive" on Saturday, November 14. OPP Auxiliary officers and volunteers from Community Food Share Winchester and Morrisburg collected food packages from people at Laura's Valu-Mart in Morrisburg, the Foodland in Winchester, and Mike Deans in Chesterville. At the Foodland in Winchester Auxiliary OPP Constable L Brelsford, John Legate, and other volunteers collected bags of food in a red pickup truck. People could buy the bags of food for $5, $10, or $20 inside the store. The pre-packaged bags of food allowed for generous donations, while limiting the Covid-19 risks.

Food donated will help support Community Foodshare in Dundas County. If you, or someone you know, is in need of food, call and leave a message at one of the Community Foodshare Foodbank locations, and someone will return your call to set up an appointment. Call Winchester 613-774-0188, or Morrisburg 613-543-0065. You can also email them at coordinator@communityfoodshare.ca, or complete a form at www.communityfoodshare.ca. There are four Community Foodshare locations in Stormont and Dundas Counties: Winchester, Morrisburg, Crysler, and Finch.

*If you need an event covered contact joselyn @ndtimes.ca*

# Critical illness insurance

*by Sharyn Hillier, B.A., CHS, Hill Life Financial*

When it comes to the word insurance, the first thing people think about is life or auto or property. Very rarely do people think about something called critical illness insurance.

So, what is critical illness insurance? Those two words together do not even appear in Webster's dictionary. But if you use Google, the definition according to Canada.ca is: "critical illness insurance usually pays a one-time lump-sum payment if you are diagnosed with a life-threatening illness. The lump-sum payment may cover expenses such as daycare, or renovations to make your home more accessible." You and your family, or you and your business, choose how to use the benefit.

But it's more than that. Let me explain. First, critical illness insurance was invented by Dr Marius Barnard, who was a South African surgeon. He was part of the team that did the first human to human heart transplant in 1967. He saw the financial disaster that was too often waiting for people who had life threatening illnesses. He thought they deserved to get financial assistance to help through the hard times.

As a result, he invented what he called "dread disease insurance". Thankfully, the name was changed to critical illness insurance. It covers many illnesses, from as little as three to as many as 32 illnesses in Canada. It varies by insurance carrier.

Yet, why is this insurance not as popular as other insurance plans? Well, many people don't talk about becoming ill. They think it won't happen to them. Did you know, according to the Canadian Cancer Society, you have an almost 50% chance of getting cancer in your lifetime? That 9 in 10 Canadians have at least one risk factor for heart disease or stroke? So the odds aren't always in our favour.

Many people believe that the government will look after them when they get ill. That's partially true. But where the gap occurs is what the patient or their family needs to pay for. Examples include parking, meals for family or friends, accommodations if treatments are received out of town, or babysitting. The expenses can get even higher if, for example, a partner wishes to take time off to spend with the person affected by the illness. People may not be paid by their employer for taking care of a loved one

Other things that may not be covered by the government include prescriptions for cancer-fighting medications, specifically experimental medications, advanced medical care if you choose to find treatments outside of Canada, or recovery in a long-term care facility.

People also believe that they are covered under a group health care plan. Sadly, many group insurance plans do not include critical illness. And there are waiting periods to claim long term disability of up to 90 days. Also, there are often stories about employers who change their plans to save money, and thus decrease or drop benefits entirely.

Long story short: critical illness insurance is attainable. You don't have to be in the most perfect health. The insurance industry needs to do a better job at getting the word out. Hopefully this has helped.

# CCFI report showcases consumer appreciation for the agri-food sector

*by Crispin Colvin, Director, Ontario Federation of Agriculture*

There is no denying that COVID-19 has made 2020 a challenging year for the agri-food sector. This pandemic has put growers, producers and everyone along the supply chain through countless hardships and challenges. Nevertheless, our sector has persevered. Collectively, we rolled up our sleeves to fulfill our responsibility of keeping consumer plates full of fresh, healthy and affordable food.

The job of feeding the world felt heavier this year. But, your efforts in these trying times has reaped many benefits. Recently, the Canadian Centre for Food Integrity (CCFI) released its 2020 Public Trust report and the Ontario Federation of Agriculture (OFA) is very pleased to see that public trust in Canada's agri-food sector is at an all-time high.

More specifically, the food system's response to the COVID-19 crisis is highly praised by Canadians; nearly nine in ten (87%) trust that the food system will continue to supply all Canadians with fresh and affordable food no matter the circumstance. Farmers have continued to take the necessary steps to ensure a healthy food supply chain for all consumers, despite the stress and pressures of our current environment.

Farmers make up a mere 2% of the population and it can feel as though some consumers are not aware of our sector's struggles to provide them with safe, healthy and affordable food. However, CCFI's report found that consumers and producers share similar concerns and interests regarding food production and the environment.

As farmers, food safety is always a top priority, and today many consumers have become more mindful of the foods they are purchasing. Many people are looking to create more sustainable choices, influencing their attitudes and behaviors towards various industries. Almost half (45%) believe sustainable food positively impacts the environment and 31% identify sustainable food as food grown locally. Furthermore, 22% believe that sustainable food provides a healthy standard of living for farmers.

We have seen the pandemic create momentum for direct farm gate sales, farmers' markets and buy local campaigns. When I talk to consumers, they are interested in knowing more about agriculture and our farming practices. People are showing a greater interest, and desire, in knowing where their food is grown as well as how it is grown and by whom it is grown. We have an opportunity to engage and educate our urban neighbours about the business of agriculture.

According to the CCFI's Public Trust Report, farmers are both the leading industry and the most trusted entity in our food system when discussing public trust among Canadian consumers.

As many as 56% of consumers trust farmers with the food they're producing and that it's being done safely. This is a tremendous step in growing public awareness of our farmers' efforts to produce healthy, sustainable food.

A significant impact of public trust comes from where people are going for information. While the number one source for consumers to get their agricultural information is from websites and Google, the highest credibility ranking goes to farmers at 71%. Sites like Google and other Internet websites often contain inaccurate facts and misinformation.

Farm & Food Care Ontario (FFC-O) champions this cause to equip farmers for these conversations, providing consumers accurate information and realistic insight into modern-day agriculture through their publication The Real Dirt on Farming and 360 virtual farm tours. As an OFA director, I also sit on the Farm and Food Care board as vice-chair, where we offer many resources such as the Speak Up for Agriculture sessions. As well, we provide farmers with the resources they need to learn to be effective communicators for the agri-food community.

Farmers work hard to ensure a safe and sustainable food system for Ontario. OFA will continue to advocate for our Ontario farmers to ensure they are receiving recognition for their efforts across the food chain.

As each of your farm businesses continues to navigate and overcome the hurdles of COVID-19, I hope you do so with newfound motivation. Your commitment and dedication to putting food on consumers' plates is appreciated.

## North Dundas Christmas Fund
## Please give generously!

Monetary donations are required to supply snowsuits to children 13 and under and for food baskets for those in need in North Dundas.
Your donations will be greatly appreciated.

E-transfers: northdundaschristmasfund@gmail.com
For a tax receipt go to communityfoodshare.ca and follow the prompts: Donate / Canada Helps.
Please indicate 'North Dundas Christmas Fund'
By mail: make cheques out to 'North Dundas Christmas Fund' and mail to P.O. Box 27, South Mountain, ON, K0E 1W0.
To register for snowsuits or baskets, call **613-774-0188 or 613-989-3830**,
Monday to Friday, 9 am-noon.
Snowsuit and food basket requests must be placed by November 27, 2020.
Winchester BMR Proudly Supports the North Dundas Christmas Fund. Donations accepted here

# Six by Sixteen launches new virtual food literacy challenge

Ontario Federation of Agriculture

The Ontario Federation of Agriculture's (OFA) Six by Sixteen food literacy initiative has cooked up something special to be launched during The Royal Agricultural Virtual Experience.

With the help of Growing Chefs Ontario, Six by Sixteen is proud to announce the launch of a new virtual challenge. Our dietitian developed recipe guide has officially been converted to a digital format with videoed cooking tutorials for youth and families to watch from the safety and convenience of their own home.

This exciting, home cooking challenge features eight dietitian developed recipe videos, an introduction to knife safety and food handling. Youth can follow along as a certified chef demonstrates how to source and prepare eight recipes using locally grown and produced food products.

"We want to ensure we're doing our part to raise the profile of buying fresh, safe and affordable local food that supports our farm families and the local economy," said Keith Currie, OFA President. "With youth spending more time at home and limited access to recreational activities, now is a great opportunity to promote the importance of food literacy and getting kids in the kitchen."

Keeping true to the Six by Sixteen slogan, youth only need to prepare six recipes to complete the challenge. Everyone who completes this task will receive an official Six by Sixteen certificate honouring their achievement.

Families and youth will have the chance to engage with OFA and Six by Sixteen to learn more about the food literacy challenge during The Royal Agricultural Virtual Experience. The traditional Royal Agricultural Winter Fair has pivoted its plans this year to interact with the agricultural community and consumers through a virtual lens.

This year's platform focuses on agricultural education for youth and consumers. OFA is proud to be a sponsor of the event's Agriculture Zone alongside Ontario's commodity organizations, 4-H, AgScape, Farm & Food Care Ontario and John Deere.

OFA's virtual booth is full of youth-friendly activities that promote food literacy knowledge and awareness, and our dynamic agri-food sector. Activities include the interactive quiz game Kahoot, crosswords, word searches, fun facts and cooking demonstrations.

OFA and Six by Sixteen encourage all families to get their youth involved in the kitchen by taking our recipe challenge. It's a fun and family-oriented way to teach the next generation lifelong skills and promote Ontario's agri-food sector in the process.

Youth can submit their six recipes by sending photos of completed meals to: sixbysixteen@ofa.on.ca, or sharing their cooking adventures and dishes to social media by tagging @SixbySixteen with #virtualchallenge6x16. You can access these videos directly from our virtual booth or visit youtube.com/ontariofarms.



# Expanding Ontario Food Terminal and the Agri-Food Sector opportunities

The Ontario government has introduced changes to legislation that would support the distribution of local food and other agricultural products by enabling the Ontario Food Terminal to increase the range of products it sells.

"The Ontario Food Terminal is a key economic driver in our agri-food sector," said Ernie Hardeman, Minister of Agriculture, Food and Rural Affairs. "Our government is committed to the Terminal's long-term success. We are creating more economic opportunities for farmers and the agri-food sector by expanding the Terminal's role and the diverse range of agri-food products it provides to wholesalers and retailers."

The Ontario Food Terminal, owned and operated by the Ontario Food Terminal Board, is the largest wholesale fruit and produce distribution centre in Canada, and the third largest in North America. The Terminal distributes over 2 billion pounds of produce annually, an average of 5.6 million pounds per day.

"Thousands of small businesses - from farms to independent grocery stores to local restaurants - rely on the Ontario Food Terminal for their success," said Prabmeet Sarkaria, Associate Minister of Small Business and Red Tape Reduction. "By enhancing the Ontario Food Terminal's role in the promotion of locally produced food and other agricultural products, we are encouraging small business growth and the increased sales of the more than 200 kinds of agricultural products produced in Ontario. Changing the definition of what can be sold through the Terminal is a key way we're helping agribusiness weather the storm and seize new opportunities."

On October 7, 2020, Prabmeet Sarkaria, Associate Minister of Small Business and Red Tape Reduction, announced Ontario's Main Street Recovery Plan and introduced Bill 215 - the Main Street Recovery Act, 2020 that would support small businesses and modernize rules to allow them to innovate and meet the challenges of today. As part of this Fall legislative opportunity, the province proposed amendments to the Ontario Food Terminal Act to address legislative barriers and help enable the Board to implement its plan for the long-term sustainability of the Terminal.

Broadening what can be sold at the Ontario Food Terminal from fruit and produce to a larger selection of agricultural products would diversify the array of products available for sale, including for example Christmas wreaths and decorative corn. This would in turn increase economic opportunities for both buyers and sellers at the Terminal.

The Ontario Food Terminal supports local farmers, local fruit and vegetable stores, independent and chain supermarkets, retailers, restaurants, food service, caterers, farmers' markets, farm gate markets, florists, garden centres, landscapers, convenience stores and institutions.

# It's only words

*by David Shanahan*

Language is a magical thing, made up of words, designed to express ideas, explain thoughts and concepts, and describe the world around us. And words are made up of these strange symbols, a very limited number of them, put together in endless combinations to form the words. In all of the English language, there are just 26 of those symbols, yet we make them say so many things. Other languages have far more, others even less, but all are designed to do the same thing – to communicate.

And communication is with others. We use language to talk to each other for many reasons and in many ways, written and spoken. The story of the Tower of Babel tells what happened when people could no longer communicate with each other because they no longer all spoke the same language. They separated from each other, formed distinct communities. They could no longer relate. Words are powerful. They can try and describe the most complex phenomena in the universe, and they can just say "I love you". The effects are profound.

The manner in which the many languages spoken on this planet came to be is fascinating, but a little vague. After all, we had to learn each other's languages before we could tell each other our stories. I could not write this article if I hadn't learned a different language from the one native to where I grew up. Even speaking English, it is not always easy to understand each other! Oscar Wilde once said that the British and the Americans were two peoples divided by a common language: Oscar loved words and played with language with real joy. A true Irishman.

The really strange thing about the many languages in the world is that they are not becoming more complicated over time. Quite the opposite, in fact. In spite of what we often see as the progress the human race has enjoyed over the centuries, the way in which we communicate with each other is actually degrading, quite rapidly too. We use fewer words than our ancestors did, and we are less functional in the language we use. Reading a regular Canadian newspaper in the late Nineteenth Century, you find longer articles, a wider range of topics covered, and even classical references, given with the assumption that readers would recognise them.

Of course, it can be argued that fewer people were literate then, and only the educated read the newspapers. This is not strictly accurate, but even allowing for these factors, most reading material these days has been "dumbed down" for regular readers who are used to reading short and simple articles, or, dare I say, tweets. We are being told constantly that attention spans are shorter than before, and people won't listen to anything unless it is colourful, simple to grasp, and does not involve too much thinking.

Personally, I think this, itself, is a simplistic attitude. Give people something worth reading, and they will read and understand it. The problem really begins with a declining standard of English, in the case of anglophone countries at least. We accept American spelling, like "center", "favor", etc., without complaint. After all, what does it really matter how we spell words? Ironically, American spelling grew largely out of the work of Noah Webster and his famous Webster's English Dictionary, where he deliberately changed standard English spelling of the time to distinguish it from British.

Even standard bearers such as the CBC are failing miserably in keeping up standards today, using the incorrect pronouns more often than not ("we are excited for the results"); and one "journalist" reported recently that someone had "been bit" by a dog. Again, does it matter if we don't know about proper punctuation, much less proper nouns? Should we be at all concerned that our language is changing this way? After all, the English language has been changing constantly over time. No-one today speaks Anglo-Saxon, or even Shakespearean English (other than when reading the King James Bible). Change is inevitable, so should we be trying to stem the tide?

We haven't come up with many new words recently either. Most of the ones we think are new, in technology for example, are simply words taken from Greek and Latin. "Google" may qualify as a novelty; but is it something to be proud of (or of which to be proud)? I believe it is worth holding to a standard, while remaining open to change. After all, if the purpose of language is to communicate with each other, then we need to be agreed on how to use words, how to spell them, and what they mean. IMHO, of course. Are we down with that? Is it cool? Are we copacetic? After all, it's only words, and words are all I have…

My name is Joselyn Morley, and I'm a reporter for the North Dundas Times.

I've been living and raising kids in North Dundas for ten years. I am very grateful to be facing these challenging times from my rambling old character-infused house here on a couple of acres in South Mountain. I'm a historian and teacher by training. I would rather be outside than in, and you can find me camping and canoeing on many a summer weekend. I'm an over-enthusiastic gardener, committed to food sustainability. I'm a crafter of many things, and believe fervently in supporting local artisans and their products. I have a couple of sassy dogs, too many cats, and a few chickens. I am so excited about the launch of the ND Times! I can't wait to meet you when I'm out and about. Feel free to get in touch with anything you would like to see in your paper: joselyn@ndtimes.ca.

# OPP Report

**DOMESTIC - Assault**

(NORTH DUNDAS,ON) - On November 10, 2020 shortly after 9:00 a.m Stormont Dundas & Glengarry Ontario Provincial Police officers responded to a report of domestic situation in North Dundas Township. Investigation revealed that an adult female accused had assaulted her husband.

A 45-year-old female accused of North Dundas, Ontario was arrested and is charged with Assault CC sec. 266. The accused was released from custody and is scheduled to appear at the Ontario Court of Justice in Cornwall on December 8, 2020.

**DRIVER CHARGED WITH IMPAIRED**

(NORTH DUNDAS, ON) On November 11, 2020 shortly after 7:00 p.m. SD&G officers from the OPP responded to a traffic complaint on County Road 43 in North Dundas Township.

SD&G OPP officers located the vehicle following information that it was all over the roadway.

Further Investigation revealed that the adult driver was under the influence of alcohol.

A male, aged 32, from North Dundas, was arrested and charged with;

-Operation while impaired - alcohol and drugs CC - sec.320.14(1)(a)

-Operation while impaired - blood alcohol concentration 80 plus CC sec 320.14(1)(b)

The accused was released and is scheduled to appear at the Ontario Court of Justice in Cornwall December 1, 2020.

**STOLEN SIDE BY SIDE** - Charges laid

(SOUTH DUNDAS,ON) - On October 8, 2020 at approximately 6:08 p.m, Stormont Dundas &Glengarry Ontario Provincial Police responded to a report of a side by side being taken from a property on Cook Road, South Dundas Township.

Investigation indicated that sometime in the day unknown individuals attended a residence and removed a 2013 Artic Cat Wildcat 1000 side by side. The side by side has not been located to this point.

On November 12, 2020 SD&G OPP officers arrested and charged an adult male in connection to the theft.

A male, age 49, of South Dundas was charged with;

- Break and Enter CC sec- 348(1)(a)
- Possession of property obtained by crime over $5000 CC sec- 354(1)(a)

The accused was released and is scheduled to appear at the Ontario Court of Justice in Cornwall December 1, 2020.

Anyone having information on the above incidents or any other crime is asked to call SD&G OPP at 1-888-310-1122 or Seaway Valley Crime Stoppers at 1-800-222-TIPS(8477) or you can submit a TIP online at www.seawayvalleycrimestoppers.ca



***Send in your letters, stories, events to editor@ndtimes.ca***

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# UCDSB Principal honoured with National Indigenous Education Award

With a dedication for Indigenous Education and Reconciliation, Upper Canada District School Board (UCDSB) Principal of Indigenous Education Programs, Gail Brant-Terry, was recently honoured with the Indspire Guiding the Journey Indigenous Education Awards in Leadership.

The award recognizes educators who have made valuable contributions to community-based education and honour the principles of Indigenous knowledge.

Her major leadership initiative is leading the UCDSB program, iLead, which engages community elders to share teachings and help students connect to the past. This program has a "teach the teacher" component, and it has inspired educators across the board to add Indigenous content to their lessons. She also co-authored a well-received paper with her daughter on the future of Indigenous education.

A member of the First Nation, Tyendinaga Mohawk Territory, Gail has been in education for 33 years, which includes the past decade with the UCDSB. When she learned of winning the award, she was both surprised and honoured. She says working with the UCDSB has given her the opportunity to nurture her passion for ensuring Indigenous Education and Reconciliation becomes and remains ignited across the school communities, and that she's proud of the school board's work.

"UCDSB is known across our province for our work in Indigenous Education. Our two main initiatives, our iLead program and our TRC Gatherings, are the cornerstones of our work that have been going on for many years and I have had the privilege of being able to be a part of continuing to go deeper with this work. I am only able to support everything we do in UCDSB because of the amazing people I get to work with across our system who are deeply invested in the important work of Indigenous Education."

UCDSB Chair, John McAllister, says Gail's commitment to bringing Indigenous Education programming into the school board is key to nurturing and building relationships.

"She has an incredible way to bring Indigenous history, culture and traditions to our school board, and introduces key voices from the Indigenous communities. I was pleased to see her in action supporting school initiatives that honoured Indigenous Education, such as the programming happening at the Smiths Falls and District Collegiate Institute," he says. "We're proud of Ms. Brant-Terry's work, and this award is a deserving recognition for her dedication."

Gail says it's important to support teachers in their Truth and Conciliation Commission (TRC) program planning.

"Indigenous Education is about connecting the heart and the mind and being open to your own learning and often relearning. It requires people to embark on a personal learning journey where they have to individually invest the time in learning a history they were never taught in school, nurture relationships to engage with cultural advisors and commit to using authentic resources by Indigenous authors where the teachings are respected and honoured."

When it comes to future Indigenous education and knowledge keeping across the UCDSB school communities, Gail Brant-Terry has a vision.

"I would love to know that Indigenous students see themselves, their culture and traditions in our schools and non-Indigenous students have deep intercultural understanding, empathy and mutual respect. Ultimately, when you walk into every school in our board, you see and feel that honouring Indigenous ways of knowing and being matters."

Gail Brant-Terry will be recognized for her award at the Indspire Guiding the Journey Indigenous Education Award Ceremony on November 26, 2020.

# Select Conservation Areas to remain open this Winter

*from South Nation Conservation*

October has come and gone; the reality of yet another winter is setting in, and residents throughout the watershed are gearing up for several months of cold weather and snow. In preparation for winter, South Nation Conservation (SNC) has removed docks from its waterfront properties and will be closing its seasonal Conservation Areas in the coming weeks.

Not all parks will be closed, and residents can still get outdoors this winter and take advantage of select Conservation Areas that will remain open and maintained by SNC for winter use: the Oschmann Forest in North Dundas, W.E Burton and J. Henry Tweed in Russell, Two Creeks Forest and Robert Graham Forest in South Dundas, and Warwick Forest in North Stormont.

SNC also has agreements in place with municipal partners to groom other trails and parks this winter, including Nokomis Park in Limoges and the Russell Recreational Trail.

"Over 30 kilometres of local trails will be maintained for winter fun this year," says John Mesman, SNC's Communications Lead. "Our family and pet-friendly Conservation Areas are accessible free of charge, and the trails are great for snowshoeing, cross-country skiing, walking, and hiking."

To respect other trail users, and to ensure the protection of our ecologically significant public land, people and their pets are reminded to stay on marked, maintained trails, and dogs are not permitted to be off leash. Motorized vehicles are not allowed on any SNC Community Land.

"We do kindly ask our visitors to continue to be respectful of other park users and facilities, and to properly dispose of garbage and to clean up after their dogs" he added.

SNC's seasonal park closures this year come on the heels of one the Conservation Authority's busiest summers on record. As the COVID-19 pandemic forced many people to stay home and cancel their summer plans, SNC's Conservation Areas remained open and welcomed over 150,000 visitors, mostly from May to October.

Traditionally, SNC would close its seasonal parks following the Thanksgiving weekend, but opted to extend access this year into November to accommodate the increased use and great weather. SNC also advises that residents should be careful while on the river, as water levels naturally rise and flows increase at this time of year, and to avoid boating near water control structures, as safety booms have been removed for the winter.

SNC owns and manages over 12,000 acres of public natural spaces across its 4,441 square-kilometer jurisdiction in Eastern Ontario, including its fifteen public Conservation Areas. Plan your next outdoor winter adventure at a Conservation Area near you by visiting www.nation.ca/recreation.

# Winchester Springs in hot water

*The historical sketch of the Winchester Spa Sanatorium, which can be seen on Oak Valley Road near the crossroads with Highway 31.*

*by David Shanahan*

The healthy and invigorating power of water, and especially thermal mineral water, has been known for centuries. The ancient Greeks and Romans, the Egyptians, cultures from all parts of the world, knew and enjoyed soaking in warm water springs. Roman baths sprang up (dreadful pun) wherever they settled and the mineral springs were especially valued for their restorative and healing powers. The famous city of Bath, in England, was named for that very thing.

It was the Romans who gave us the term we use for these places: the spa, from the Latin phrase "Sanus per Aquam", health through water. These were places for social gatherings, family-friendly baths, without which no Roman settlement would be complete.

But the really popular spas were those with naturally occurring mineral springs, where the air was perfumed by the various minerals contained in the spring waters. By the Nineteenth Century, the medical establishment were convinced of the scientific basis for thermal springs and their effect on the human body and mind. Wherever these springs were found, entire towns grew up around them, if only for a few decades before the enthusiasm wore off. One of these settlements was Winchester Springs. The sulphur springs were first noticed when the Township of Winchester was being surveyed in the early years of the Nineteenth Century, but, apart from the survey notes, the existence of the springs went unremarked until Thomas Armstrong, who ran a lumber business, used them to help his team of men deal with the outbreaks of scurvy which they got through eating too much salted meat.

As news of the springs spread, the site became developed as a spa, and a village grew up around them. At its height, Winchester Springs boasted a fine school and three churches. In his book, "The Story of Dundas", which was published in 1905, J. Smyth Carter described the springs when they were still attracting large numbers of visitors:

"This famous resort consists of two springs a few yards apart, one of which is more strongly impregnated with iron than the other... The water, to some, is not pleasant at first, but the exhilarating and general beneficial effects of the gas in the water are so apparent that after a few draughts it is taken with a relish, more particularly when it is found to stimulate the most precarious appetite."

A large brick Sanatorium was built and opened in 1876, and the owner listed the minerals which gave the waters their curative properties "of very great strength and efficacy for many diseases: Sulphur, Iron, Iodine, Bromide, Potassa, Soda and Sulphide of Carbon Gas. These would aid in the "certain cure" of Rheumatism, Dyspepsia, Scrofula, Billious Derangements, Urinary Obstructions, Skin Diseases of all kinds, and General Debility". It was promised that "Medical men will be in daily attendance during the season for the accommodation of those who may require their advice. The waters of these Springs are unsurpassed in all of North America, and from the wide reputation they now have, it will be needless to extol them further." How could anyone resist such a place?

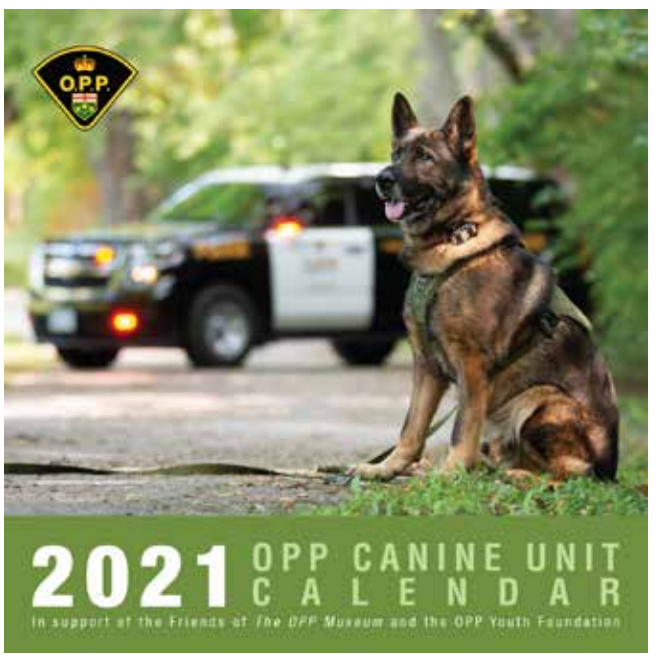
The coming of the railway in 1888 made Winchester Springs accessible from across the province and beyond, and the spa catered for those arriving at Morrisburg by train or river: "A daily stage will convey passengers to and from the boats and Railway Cars at Morrisburg". The terms on which these miraculous waters could be enjoyed were "Board with use of water, $1.00 to $1.50 per day, according to time and location. Medical attendance and medicine extra".

Murray Inch, in his paper, "Historical Glimpse of North Dundas Township", described the activities that took place around the Sanatorium: "In addition to medical treatment which included drinking and bathing in the waters, guests would stroll the landscaped grounds; play tennis or croquet; attend concerts and participate in fancy balls. Business men could use the on-site telegraph office to keep track of business interests, while receiving treatment".

Winchester Springs began to lose its main attraction in the early years of the Twentieth Century, as thermal springs began to lose their appeal. Following the traumatic events of two world wars and the Great Depression, there may have been a turning away from something that had marked an earlier and more innocent time. Other kinds of attractions competed with spas for tourists, and the Sanatorium at Winchester Springs became a hotel for a while, but eventually closed for good.

Today, the value of hydrotherapy has been rediscovered, and it has returned to the mainstream as a healthy and therapeutic part of a healthy regimen. Too late for Winchester Springs, perhaps, to take advantage and rediscover its past days of glory, when people came from all over to enjoy the warm and relaxing soak in its rather sulphur-perfumed waters.

# OPP canines put their best paws forward




***Calendar Proceeds Support Charities***

With more than 1,700 calls for support service so far this year, the Ontario Provincial Police (OPP) Canine Unit is dedicated to community safety. Even with the COVID-19 pandemic affecting training, the OPP Canine Unit duties have not changed. Amongst providing support for search and rescue, tracking wanted persons, detecting narcotics and searching for firearms, explosives and physical evidence, Canine Unit members managed to take time to strike a pose for charity.

The fifth annual OPP Canine Unit Calendar showcases the highly-trained canines that work to keep Ontario safe. Each month features an OPP Canine from across the province with a write-up identifying their specialty and home location. All proceeds from the 2021 OPP Canine Unit Calendar go to the OPP Youth Foundation and the Friends of The OPP Museum. The charities thank everyone for their generosity as last year's calendar sales raised $25,309.64 for these worthy causes.

Each calendar costs $10 and can be purchased at the OPP Off Duty Shop at oppshop.on.ca.

The OPP Youth Foundation provides funds to disadvantaged youth throughout the province of Ontario. The Friends of The OPP Museum is a volunteer-based charitable organization that supports, promotes and assists in the preservation of the history of the OPP. For more information, visit oppyouthfoundation.ca, and oppmuseumfriends.ca.

***Send in your letters, stories, events to editor@ndtimes.ca***

# Iroquois Matilda Lions Community Update

*by Jim Devenny, President, Iroquois Matilda Lions Club*

***Dear Friends,***

The Iroquois-Matilda Lions would like to take this opportunity to thank you for your support of our ongoing community service activities. As we all know, 2020 has proven to be an exceptionally challenging year and, with ongoing COVID concerns and to ensure our role in the health, welfare, and safety of our community, and in consultation with our cohost, the Morrisburg & District Lions, we have decided to cancel this year's South Dundas Seniors' Christmas Concert. This is a decision that we have not taken lightly as we know the anticipation and joy this event brings.

This year we are returning to an "old time radio show" format through the generosity of our two local MOOS FM radio stations, who, on behalf of your local Lions Clubs, will play holiday tunes for your listening delight on December 5, from 2:00 to 4:00pm. The South Dundas Seniors' Concert has been an annual event for more years than our Lions can remember, and we hope to see you next year on 27 November 2021 at Matilda Hall.

This year the Iroquois Matilda Lions put on hold our weekly bingos and our St Patty's Party. The Club also had to postpone our 2021 Play – you know the one that all our stars come out for! In addition to creating a scaled back format for our annual South Dundas Seniors' Christmas Concert, we have had to forego our float in this year's Morrisburg and Winchester Christmas Parades. When Covid restrictions are lifted, we will resume these community events.

Given Covid restrictions, opportunities to provide alternative services to our community surfaced. The Iroquois Matilda Lions provided grocery and prescription delivery to area residents, as well as meals to our Personal Support Workers (PSWs), and a yard sale that followed Covid protocols and monetary donations to organizations. The Applefest Chicken BBQ was an incredible success – another sell out year. All of this in addition to other volunteer organizations of which our Lions Club members generously volunteer their time.

We wish you good health on your road ahead, and again thank you for your past support and look forward to future Lion events.

# Lion Line

*by Bob Porteous*

**Who becomes a Lion?**

Ever wonder what type of an individual becomes a Lion? When you ask some of the members why they became a Lion, you will find many different answers. For example, some say they have concern for their fellow man and would like to help those less fortunate than themselves. Some say they have a real interest in their community, and they want to try and improve things in their community for their family and friends. Some say they enjoy the feeling of contributing and giving something back. Some say they want to learn how to handle responsibility by planning and assuming a leading role in a project. Some say they have been the beneficiary of a service club in the past, and they realise how valuable and necessary it is to have a source of support in the community. Some say they particularly enjoy fun times, fellowship, and working together with others and making new friends. Some say they get a real feeling of satisfaction when they can participate in, and see the results, of their efforts while making a difference in someone else's life. No matter the reason; we are glad that they are Lions and doing what they're doing!

Some notes from the November 4 meeting:

The meeting was short, consisting of mostly updates on items approved or in progress. For example, donations received in October were delivered and greatly appreciated by the families receiving them.

Items discussed in our meeting with the North Dundas Council were outlined so all members would be up to date with what's going on. We are now all more aware of what is required to get out Thrift Store open at the planned location.

Lion Shawm told us about the fund-raising efforts and the other plans being put in place for the annual North Dundas Christmas Fund Project. Local Business, B.M.R., has volunteered to be a drop-off point for clothing , toys, etc., for the Christmas Fund. So, things are coming together.

We also approved a donation of $150.00 to the Lions A4 District Hunger Project.

# HOW CAN ONE BECOME A LION

If you are a person who has a sincere interest in doing something for your community, your country, or for humanity in general, you may be wondering how you can become a member of a Lions Club.

All you have to do is express that interest to a Lions member. It probably would be a good idea to mention why you would like to become a Lion.

Membership in a Lions Club is by "invitation" only. This means that a current member may present your name for membership to the club. Once approved by the club's board of directors, you will be invited to come out to two or three meetings to actually see what all is involved. During these meetings, you should become informed of what is expected of you if you choose to join the club. Only after you have the opportunity to understand what the club does and what will be expected of you, will you be invited to join. Should you decide to join, you can then expect to be immediately involved in all club projects and activities. Then you will be referred to as a "Lion".

In recent years, service clubs, charitable organizations and other volunteer groups have experienced considerable difficulty in attracting and retaining members. Whether this has something to do with the high pace of living (no time); the advent of the internet; and/or on-line fund-raising options, or whether people have become more self-centred and less caring is a subject of considerable debate.

All I can say is that I have been a Lion for more than fifty years, and I am proud of the benefits we Lions have brought to Winchester and area by our efforts over the years. I am also proud of the community that has encouraged and supported us since 1968.

# St. Paul's Community Garden report

*by Tom Clapp*

The St. Paul's Community Garden was finally but to bed after a very successful year. This is the third year that the garden has been growing produce for Community Food Share. Due to the projected needs for this year, the size of the garden was tripled in size. In total, the garden produced over 535 lbs. of vegetables. The majority of the food harvested went to Community Food Share, with some to House of Lazarus Food Bank, and also to the MacIntosh Seniors Centre.

The vegetables grown were peas, beans, radishes, beets, carrots, tomatoes, peppers, spinach, cabbage, cucumbers, onions, kale, and swiss chard. The garden was managed under the direction of Leslie Levere, who coordinated the vegetables planted, weeded, and harvested. She also coordinated the 30 plus volunteers who assisted with the garden.

This garden was supported by the Community. A grant was provided by the Township of North Dundas, wood for the raised gardens by Cedarview lumber, soil by KG Patterson, watering system by Cooter's of Berwick, markers by the Winchester United Church, seedlings from Plot of Earth and Dundas 4-H club. The Community Foodshare and Cup of Jo's provided tee shirts for the volunteers.

Again, I stress that the success of the garden was due to the management of the garden by Leslie and the many supporters and volunteers. The garden is a partnership between Community Foodshare Administrator, Jane Schoones, and St. Paul's Presbyterian Church.

If anyone is interested in volunteering to help for next year, please contact Leslie (613) 447-9465, or Jane Schoones, Community Foodshare, (613) 898-0781, or myself Tom Clapp (613)774-3565.

# Nor-Dun Senior' Support Services Drive-Thru Diner

*Susan Bradley, Programme coordinator, Carefor Nor-dun. Sheila Hughes, volunteer. Distributing Drive-Thru Dinners, Thursday, November 12th, at the Mountain Township Ag Hall in South Mountain.*

*by Joselyn Morley*

Proving that they can indeed move with the Covid-19 times, the Carefor Nor-Dun Seniors' Support Services continues to provide Drive-Thru Diners throughout the month of November and beyond. Dinners are provided twice a month, in Chesterville on Tuesdays at the Nelson LaPrade Centre, and alternating Thursdays at the Nor-Dun Centre in Winchester, and at the Mountain Township Ag Hall in South Mountain. You can call the Nor-Dun Centre at 613-774-6109 to arrange for your Drive-Thru Diner for the following week. There is a limit of 50 dinners, and strict pick-up protocols are in place.

The Nor-Dun Community Support Centre also holds a Caregiver Group on the first Wednesday of the month at 1 pm via telephone conferencing. If you are a caregiver, or know of a caregiver who could use support, call the centre to join the group, or receive assistance.

The Centre is continuing their Foot Care & Wellness programs by appointment only, in the professional room via the back door entrance, with very strict guidelines in place.

The outdoor "Walk the Block" group continues at the Centre. There are currently 7 participants, with room for more. Physical distanced stretching, followed by single-file walking, starts at Nor-Dun Centre by the carport, weather permitting, every Monday and Friday at 1:30.

Further information about any of the Nor-Dun programs, can be obtained by calling them Monday through Friday, 8 am to 4 pm, at 613-774-6109. Information is also posted on the Carefor / Nor-Dun Support Centre Facebook page, including updates on programs and services.

# Legion Mask Fundraiser

*Legion mask fundraiser: Janine Fawcett, First Vice President Royal Canadian Legion Branch 108 Winchester, Mike Erickson, and Tina Asselin, Second Vice President Royal Canadian Legion Branch 108 Winchester*


To commemorate Remembrance Day, Mike Erickson of Erickson-graphics, donated $1500 from the sale of masks, to the Royal Canadian Legion, Branch 108, in Winchester. Mr Erickson designed two masks honouring the fallen. He sold 250 masks over the three weeks leading up to Remembrance Day for $10 each, with $5 from each mask going to the Legion. Some people purchasing masks honoured the Legion with an additional donation. *"On behalf of the Legion, I can say that we were thrilled to receive this donation and honoured to be part of such a great community,"* said Janine Fawcett, First Vice President of the Royal Canadian Legion, Branch 108 in Winchester.



*United Rentals - Dennis Korteweg*

United Rentals sold Poppy Masks and donated the proceeds to various local branches of the Royal Canadian Legion. Denis Korteweg, wearing one of the Poppy Masks, donates $75 to Branch 108, Winchester on behalf of United Rentals. The Korteweg Family is a long-time supporter of Branch 108.

# Take steps to relieve chronic stress


Nothing can be more heart wrenching than the sudden death of a loved one. The visualization of a wrench tightening on the heart is apt. It can feel that way, and the physical harm done from such intense pressure is not good for your health.

Isaac Asimov, professor of biochemistry and prolific writer of science fiction, said, "Life is pleasant. Death is peaceful. It's the transition that's troublesome." It's troublesome for the individual at death's door, certainly. But it's also tragic for family and friends. It's devastating – and lasting – for a life partner.

If we are lucky enough to face the trauma of a heart wrench only once in life, we might not need to worry about it. But 2020 is defined by chronic stress.

Extreme stress causes rapid production of adrenaline, a hormone that makes your body race. Your heart picks up speed. Breathing quickens. Blood pressure skyrockets. It is what happens when you exercise. But sudden extreme production of stress hormones, or prolonged periods of elevated stress, do more harm than good.

Sometimes it can kill you. Take the case of Josephine Ann Harris, who went into cardiac arrest and died just two hours after a surprise visit to her restaurant by President Barrack Obama in July, 2012 – an unfortunate example of the high price of too much excitement.

Stressors happen to us all the time: a loose dog growls, a child runs carelessly across the road, or a stranger rings the doorbell at night. These are the events that trigger your hypothalamus, a small region in your brain, to send alarms that launch the production of cortisol. Whereas adrenaline speeds you up, cortisol builds up glucose in your bloodstream, feeds these sugars to your brain, and activates the mechanisms that specifically control motivation and fear. Cortisol also shuts down entire systems considered unhelpful distractions in a fight-or-flight scenario, such as the digestive system and reproductive system.

Hopefully, these stressful times come to an end, and the body recovers. But for some, the trauma endures, for instance, with the death of a spouse. The stress of losing a life partner is magnified when a spouse needs to take decisions about end-of-life care. Or worse, is relegated to bystander status while doctors perform heroics that steal dignity from death.

Intense stress can come from other sources too. Fear of needles, spiders, and heights can be managed. A bad divorce, less so. Getting divorced is stressful in many ways. But the damage to your health caused by relentless high levels of anxiety can compare to a death in the family.

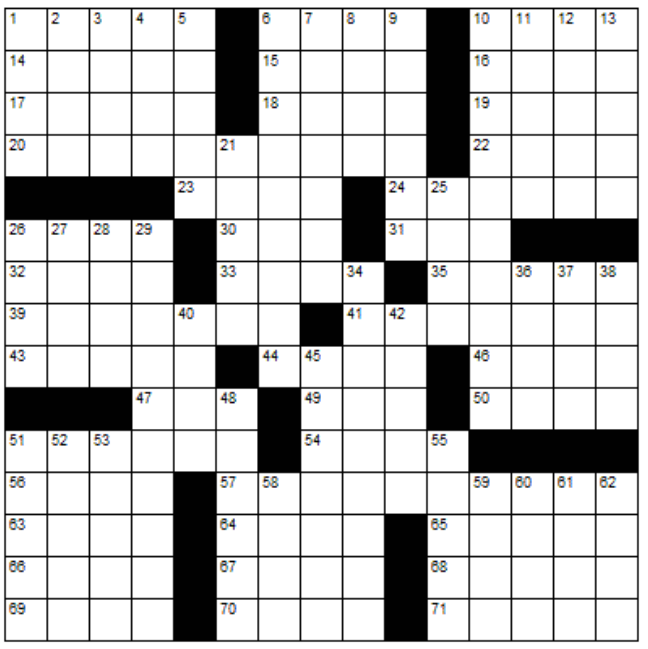
When stress hormones stay activated over extended periods of time, your body can't return to normal functioning. Regular functions of eating, sleeping, and even establishing memories, are crippled by sensors constantly beaming an "under attack" message.

Experts believe that genetics may play a role in determining how susceptible we are to stress and how strongly our systems fire up or cool off. But life experience plays a part too. We can see the effects of post-traumatic stress disorder in the careers of military personnel, police officers, fire fighters, crime survivors, and, especially in 2020, our front-line healthcare workers.

It's hard to prepare for life's toughest challenges. But it's worth taking steps to relieve chronic stress. First and foremost, think twice before popping pills. This is a recipe for more trouble. Instead, surround yourself with good friends who lift your spirits. Volunteer in your community, or go for long walks. Find your funny bone and fuel it with good humour. And seek help from professionals if you sense you are stuck in a rut.

Sign-up at www.docgiff.com to receive our weekly e-newsletter. For comments, contact-us@docgiff.com.

## CROSSWORD



**ACROSS**
1. Concentrate
6. Seating sections
10. Savor
14. Not together
15. Modify
16. Smell
17. Breviloquent
18. Extinct flightless bird
19. Novice
20. Imperilled
22. Adolescent
23. Margarine
24. Grumble
26. Nobleman
30. Australian flightless bird
31. Sweet potato
32. 53 in Roman numerals
33. Finest
35. Thick slices of something
39. Drool
41. Troop formation
43. Fruity-smelling compound
44. Cummerbund
46. Indian dress
47. Record (abbrev.)
49. Estimated time of arrival
50. Dribble
51. Fleet
54. Abundant
56. Huh?
57. He works with rocks
63. French for Finished or Done
64. Backside
65. Scold
66. Pearly-shelled mussel
67. Razzes
68. Creepy
69. Give temporarily
70. Hole-making tools
71. Make improvements

**DOWN**
1. Destiny
2. Not closed
3. Credit or playing
4. Constellation bear
5. Shorthand
6. Rescuers
7. Smelly
8. Broad
9. Out of fashion
10. Extremely deep
11. French farewell
12. Open skin infections
13. Danish monetary unit
21. Parish land
25. Impetuous
26. If not
27. Afflicts
28. Violent disturbance
29. Freeing
34. Irritability
36. Wings
37. Drill
38. Trim
40. Engendered
42. Rub
45. Atomizer
48. Yellowish melon
51. Horrible
52. Rhinoceros
53. Craze
55. Master of ceremonies
58. Anagram of "Wort"
59. Throat-clearing sound
60. "Your majesty"
61. Norse god
62. Require

***Solutions to last week's Sudoku***

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 5 | 1 | 2 | 7 | 3 | 4 | 8 | 9 |
| 9 | 7 | 3 | 8 | 4 | 6 | 1 | 2 | 5 |
| 2 | 4 | 8 | 5 | 1 | 9 | 3 | 6 | 7 |
| 3 | 1 | 6 | 9 | 5 | 7 | 2 | 4 | 8 |
| 8 | 2 | 7 | 6 | 3 | 4 | 5 | 9 | 1 |
| 4 | 9 | 5 | 1 | 8 | 2 | 6 | 7 | 3 |
| 5 | 6 | 2 | 7 | 9 | 1 | 8 | 3 | 4 |
| 1 | 3 | 9 | 4 | 2 | 8 | 7 | 5 | 6 |
| 7 | 8 | 4 | 3 | 6 | 5 | 9 | 1 | 2 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 3 | 6 | 4 | 8 | 9 | 1 | 5 | 7 |
| 4 | 5 | 9 | 1 | 6 | 7 | 2 | 3 | 8 |
| 1 | 7 | 8 | 5 | 2 | 3 | 4 | 9 | 6 |
| 9 | 8 | 5 | 2 | 1 | 6 | 7 | 4 | 3 |
| 7 | 6 | 1 | 9 | 3 | 4 | 5 | 8 | 2 |
| 3 | 2 | 4 | 7 | 5 | 8 | 9 | 6 | 1 |
| 5 | 9 | 3 | 6 | 7 | 2 | 8 | 1 | 4 |
| 8 | 4 | 2 | 3 | 9 | 1 | 6 | 7 | 5 |
| 6 | 1 | 7 | 8 | 4 | 5 | 3 | 2 | 9 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 7 | 3 | 1 | 8 | 4 | 9 | 2 | 5 |
| 8 | 1 | 2 | 9 | 5 | 6 | 3 | 4 | 7 |
| 4 | 9 | 5 | 7 | 2 | 3 | 8 | 6 | 1 |
| 1 | 3 | 7 | 8 | 4 | 9 | 2 | 5 | 6 |
| 5 | 4 | 6 | 2 | 3 | 1 | 7 | 8 | 9 |
| 9 | 2 | 8 | 5 | 6 | 7 | 1 | 3 | 4 |
| 7 | 6 | 4 | 3 | 9 | 8 | 5 | 1 | 2 |
| 2 | 8 | 1 | 4 | 7 | 5 | 6 | 9 | 3 |
| 3 | 5 | 9 | 6 | 1 | 2 | 4 | 7 | 8 |

Easy

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | | 1 | 8 | | | 9 | | 5 |
| | 8 | | | 9 | 5 | | | |
| | | 6 | | 2 | | | | |
| | 1 | | | | | | | 8 |
| | | | | 5 | | | 6 | |
| | | 5 | | | | | | |
| | 4 | | | | 7 | 8 | 3 | |
| 8 | | | | 6 | | 5 | | 9 |
| | | | | | 9 | | 2 | 7 |

Medium

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | | | | | | | | |
| 1 | | | | | | 2 | | |
| 2 | | | | 3 | 4 | | | |
| | | 1 | | | | | 5 | |
| | | | | 2 | 7 | | 8 | |
| 4 | | | | | 5 | 7 | | |
| | | | 7 | | | 6 | | |
| | 2 | 9 | | 8 | | | | |
| | | | 9 | 6 | | | | 5 |

Hard

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | | 4 | | |
| | 4 | | | | 6 | 9 | | 7 |
| | | 8 | | | 1 | | | |
| 8 | | | | | | | | 6 |
| 1 | 6 | | | 7 | 4 | | | 2 |
| | | | | | | | | |
| | | | 5 | 6 | 2 | | 9 | |
| | | 4 | 7 | | | 8 | | |
| 7 | | | | 9 | | | | |

Solution to last week's Crossword

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | U | R | R | S | ■ | B | E | A | U | ■ | I | D | L | E |
| A | N | I | O | N | ■ | E | V | E | N | ■ | N | E | E | D |
| B | I | N | D | I | ■ | L | I | R | A | ■ | D | U | A | D |
| Y | O | K | E | F | E | L | L | O | W | ■ | I | C | K | Y |
| ■ | ■ | ■ | ■ | F | A | Y | ■ | ■ | A | S | S | E | S | ■ |
| G | U | S | H | E | R | ■ | S | E | R | A | C | ■ | ■ | ■ |
| I | N | T | E | R | ■ | F | I | R | E | D | R | A | K | E |
| M | A | U | L | ■ | A | E | G | I | S | ■ | E | W | E | S |
| P | U | B | L | I | C | A | N | S | ■ | S | E | A | L | S |
| ■ | ■ | ■ | B | R | A | T | S | ■ | E | C | T | Y | P | E |
| ■ | T | W | E | E | N | ■ | ■ | A | R | R | ■ | ■ | ■ | ■ |
| B | A | R | N | ■ | T | H | E | R | E | A | F | T | E | R |
| I | B | I | D | ■ | H | E | R | R | ■ | T | A | I | G | A |
| R | O | T | E | ■ | U | R | S | A | ■ | C | R | E | A | M |
| D | O | E | R | ■ | S | O | T | S | ■ | H | E | R | D | S |

# Select Conservation Areas to remain open this Winter

*from South Nation Conservation*

October has come and gone; the reality of yet another winter is setting in, and residents throughout the watershed are gearing up for several months of cold weather and snow. In preparation for winter, South Nation Conservation (SNC) has removed docks from its waterfront properties and will be closing its seasonal Conservation Areas in the coming weeks.

Not all parks will be closed, and residents can still get outdoors this winter and take advantage of select Conservation Areas that will remain open and maintained by SNC for winter use: the Oschmann Forest in North Dundas, W.E Burton and J. Henry Tweed in Russell, Two Creeks Forest and Robert Graham Forest in South Dundas, and Warwick Forest in North Stormont.

SNC also has agreements in place with municipal partners to groom other trails and parks this winter, including Nokomis Park in Limoges and the Russell Recreational Trail.

"Over 30 kilometres of local trails will be maintained for winter fun this year," says John Mesman, SNC's Communications Lead. "Our family and pet-friendly Conservation Areas are accessible free of charge, and the trails are great for snowshoeing, cross-country skiing, walking, and hiking."

To respect other trail users, and to ensure the protection of our ecologically significant public land, people and their pets are reminded to stay on marked, maintained trails, and dogs are not permitted to be off leash. Motorized vehicles are not allowed on any SNC Community Land.

"We do kindly ask our visitors to continue to be respectful of other park users and facilities, and to properly dispose of garbage and to clean up after their dogs" he added.

SNC's seasonal park closures this year come on the heels of one the Conservation Authority's busiest summers on record. As the COVID-19 pandemic forced many people to stay home and cancel their summer plans, SNC's Conservation Areas remained open and welcomed over 150,000 visitors, mostly from May to October.

Traditionally, SNC would close its seasonal parks following the Thanksgiving weekend, but opted to extend access this year into November to accommodate the increased use and great weather. SNC also advises that residents should be careful while on the river, as water levels naturally rise and flows increase at this time of year, and to avoid boating near water control structures, as safety booms have been removed for the winter.

SNC owns and manages over 12,000 acres of public natural spaces across its 4,441 square-kilometer jurisdiction in Eastern Ontario, including its fifteen public Conservation Areas. Plan your next outdoor winter adventure at a Conservation Area near you by visiting www.nation.ca/recreation.

**If you need an event covered contact joselyn @ndtimes.ca**

# Virtual Trivia Night supports the training of guide dogs

*by Canadian Guide Dogs for the Blind*

Canadian Guide Dogs for the Blind is excited to launch a new event - Virtual Trivia Night sponsored by Barrhaven Ford!

Saturday, November 21, join in for a fun game of Virtual Trivia at 7:00pm (Eastern). As this is virtual you can play in any time zone from anywhere in Canada. Tickets are $20 each and can be purchased online. Compete for awesome prizes! A variety of potpourri categories and 100 questions means anyone can win. The game will last approximately 45 minutes. You will need to purchase a separate ticket for each person joining the game. Each player will need access to their own computer or mobile phone. Tuning into the virtual trivia game is simple. The game link will be sent to your email on Friday, November 20, so you'll be able to just click and play on November 21. No app download is necessary. We are limiting this to the first 100 players.

Purchase your ticket today on the events page at www.guidedogs.ca. Then, test your knowledge and have some fun in support of Canadian Guide Dogs for the Blind.

Canadian Guide Dogs for the Blind was established as a registered charity in 1984. Canadian Guide Dogs for the Blind has provided more than 890 professionally trained guide dogs to Canadians who are visually impaired from coast to coast. Canadian Guide Dogs for the Blind also operates an Assistance Dogs Division, which trains assistance dogs for individuals in the Ottawa area with mobility-related disabilities.

*To learn more about this event or Canadian Guide Dogs for the Blind, visit www.guidedogs.ca or phone (613) 692-7777.*

# Community Food Share new staff


*Welcome to our new site attendant, Adelle! She will be supporting volunteers and clients at both Morrisburg and Winchester locations and ensuring Covid-19 protocols are followed to keep everyone safe.*



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**SHOP LOCAL**

**Send in your letters, stories, events to editor@ndtimes.ca**

# Allison Fawcett Show Ring dedicated


*by Joselyn Morley*

Members of the Mountain Township Agricultural Society and friends joined for a formal dedication of the Allison Fawcett Show Ring at the South Mountain Fair Grounds on Friday, November 13. A large sign, identical to the one presented to Allison Fawcett, will hang on the new fence surrounding the show ring on the fairgrounds.

Cattle was his business but horses were his hobby. Mr. Fawcett bought his first team of Commercial horses in 1985, a Hackney Clydesdale cross. He earned Champion Team at the Canadian National Exhibition in Toronto for two years. He showed his horses throughout the Ottawa Valley, Western Ontario, and Quebec. He continues to be considered one of the best sportsmen in the show world. Mr. Fawcett took great pride in his horses' appearance, featuring harnesses crafted by Al Barrett, with his horses shod by Gordon Nesbitt, a local blacksmith.

Allison Fawcett has attended the South Mountain Fair for 91 consecutive years, and said he has enjoyed seeing the progress of the Fair over those years. He thanked everyone who worked hard to improve it."It's been great. There hasn't been a fair I didn't enjoy."

The 128th South Mountain Fair is to be held August 19-22, 2021.

# Myth understandings

An irregular column by David Shanahan

This man lived just 33 years, spent most of it living in a small town in the Middle East, and only leaving his country once, when he was a young baby. He travelled the roads back and forth between Galilee and Jerusalem, a distance of only about 140 kilometres, for three years as an itinerant preacher. He was followed by thousands of people who responded to his stories and personality, until he was arrested, tried and executed by the Roman authorities, at which point even his closest friends deserted him.

Thousands, perhaps millions of people throughout history lived a life like that, transient fame and popularity, a shooting star of activity that quickly burned out and was forgotten. But this man was not forgotten. In fact, we date our own lives in relation to his, as does most of the world. Everything in history is either before him, or since him. His followers turned the world upside down, as some of his opponents said, and his life and teachings became the foundation of the world we know.

It is only in the last 200 years that "civilisation" has moved away from identifying themselves with him and his message, after almost 2,000 years of being shaped by his influence. It was his words that gave people the idea that each person matters, individually respected and with dignity. His followers have been co-opted by ambitious and violent men at times, Christianity became, too often, Christendom, a political system that built world empires and waged war in the face of his explicit teaching that his kingdom was not of this world at all.

But other followers brought education, healthcare, social revolutions that emphasised the dignity and worth of the individual, civil and human rights blossomed where he was the inspiration. The world, in many ways, has taken his example, but rejected his person, just as his teaching of love and reconciliation resulted in his judicial murder. That is the way with a fallen world.

So, does it matter that we know the truth about Jesus of Nazareth? Do we need to understand where our ideas about him come from, and why this young man, with such a fleeting presence in the Middle East two thousand years ago, has had such an incredible effect on our lives, whether we believe he was who he said he was, or not?

I believe it does, and that we will not understand our own times and the choices we face, unless we have a clear and factual understanding of him. This is not important only for Christians: as an historian, I see the way in which his life and teaching has been twisted and used to justify truly awful actions and behaviours. This man has had a greater influence on the world and its story than any other individual ever, and few would argue against that claim.

If people reject the claims made about him, they can only do so honestly if they know the facts, the history and not the myths. One of the great tragedies of our time is that too many citizens know too little about the past, their own and that of the societies in which we live. Looking for answers to current social and political issues, there is a tendency to ignore past lessons learned, past answers found, and all out of ignorance of the fact that there is nothing new under the Sun.

If we persist in believing that only our generation can understand things as they are, only we are competent to judge the ways of this world, then we are denying ourselves the wisdom and insights of so many generations that came before us, lived on this planet, and faced the same questions and challenges that we do. We have, in the process of remaining ignorant of the past, assumed too much, dismissed too much of the realities of living. Based on ignorance, and, more dangerously, based on a profound misunderstanding of things, we have turned our backs on what we think we know about things, including on the facts about Jesus of Nazareth, and ploughed on blindly, thinking that we see.

I am a Christian and an historian, but these articles are not aimed to preach or convert anyone: that is not in my power. But they are designed to give those who want to read them the opportunity to think and decide on the past free of misconceptions and inaccurate information. If you choose to reject the implications, that's up to you. If you'd rather not read them, because of their subject or their author, that is up to you, of course. My aim, which is the aim of all historians, is to set the record before you, providing the evidence, the historical events, which you can consider for yourself. If there is an argument against anything here, let me know and let's discuss it. You are as free to do so as I. But let's unmask the myth understandings.

## Chesterville Legion Branch 434 Annual Fish Fry

The Royal Canadian Legion, Branch 434, Chesterville, is holding their Annual Fish Fry on Saturday, November 21. It will be a take-out affair from 4 to 6:30 pm. There will be half-hour time slots allocated for pickup. For $15 you will get two pieces of fish, fries, beans, coleslaw, and a bun. To get a ticket, you can call Isabelle at 613-448-1842 by 3 pm on Friday, November 20. You will also be able to arrange a time slot for pickup.

# Stand by me

I was a teacher for 25 years before stopping to raise three children on our family farm. I enjoyed my career and would not change it for the world, I still get called Mrs. Kerr by past students. I moved to Garden Villa to be close to my family in North Dundas. I am able to plan my own time, I enjoy knitting and puzzles, and I stay in touch with family by phone and Facebook. Facebook is a wonderful means to stay in touch, see pictures and videos, during this pandemic. I do recommend the staff and home of Garden Villa; people often say: 'there's no place like home', but this is the next best to it! I am very happy here and so is my family.

*Helen K.*

# Dundas County Hospice, Memorial Tree Lighting

*by Joselyn Morley*

*To remember those who we hold in our hearts who have passed on.*

There will be a Memorial Tree Lighting at Dundas County Hospice in Williamsburg on Giving Tuesday, December 1, at 6:30. You can have an ornament, personally labeled with your loved one's name, hung on the Memorial Tree when you provide a donation to the Hospice. Donations over $20 are issued a receipt for income tax purposes. You can call the Hospice at 613-535-2215 to arrange for your ornament, or go to www.dundascountyhospice.ca.

There will be limited attendance, with social distancing in place. If you wish to attend, please call the Hospice to register to allow for adequate distancing. You can also park at Jay's Tire and watch from your car. The event will also be live streamed on the Hospice's Facebook page: www.facebook.com/dundascountyhospice.

# Ontario looks for workers for the Long-Term Care Sector

*by David Shanahan*

The Ford government has committed itself to increasing the hours of direct care for each long-term care resident to an average of four hours per day, which will be provided by nurses or personal support workers to support individual clinical and personal care needs. It seems that the way they have found to provide that service is to encourage "specifically those who are unemployed or have been displaced from the retail and hospitality industries or administrative roles as well as students in education programs - to re-enter the workforce and make a difference by helping seniors living in long-term care homes", according to a recent government statement.

"COVID-19 has amplified persistent staffing challenges in the long-term care sector, highlighting the need for immediate action," said Dr. Merrilee Fullerton, Minister of Long-Term Care. "I encourage those who are looking for new opportunities or those who have been displaced during the pandemic to consider working in a long-term care home. This will not only be personally satisfying work, it will help out our frontline staff and greatly improve the quality of life for our seniors."

The government has started the Ontario Workforce Reserve for Senior Support, to recruit, train, and assign these recruits as Resident Support Aides (RSA) to work at homes during the COVID-19 pandemic. The RSA's will not be expected to perform medical duties, but will "assist residents with daily living activities including assistance during meal times and nutrition breaks or with the coordination of visits and support with technology or recreational activities".

This initiative has not, however, met with a warm reception from the unions representing workers in the long-term care sector. The Canadian Union of Public Employees [CUPE] believes that recruiting people from the backgrounds identified by the government would only serve to lower standards of care for residents of long-term care facilities. In a statement responding to the government's project, Candace Rennick, secretary treasurer of CUPE Ontario, said:

"Seniors in long-term care have very complex conditions and require care from highly-skilled healthcare workers. Lowering requirements for staff and hiring people who have no training in seniors' care is a serious miscalculation. It is unfair to residents and unfair to existing and new workers."

Ms. Rennick, herself a former long-term care worker, pointed out that about two-thirds of long-term care residents have been diagnosed with dementia. About 80% of people with dementia experience behavioural or psychological symptoms. CUPE is concerned that the government is not making meaningful investments in the sector. The latest budget announcement increased annual funding for long-term care by about 2.5% (about $110 million), when estimates to reach a four-hour care standard range between $1.3 to $1.6 billion (a 40% increase).

"The government's continuing with cost-containment and shifting to a lower-classification of workers who are lower-paid, when we need to boost funding and invest in a skilled workforce," she said.

Michael Hurley, president of the Ontario Council of Hospital Unions (OCHU/CUPE), agreed with Ms. Rennick, pointing out in a statement that "it was naïve to believe the essentially untrained staff will not wind up doing resident care".

"The deconstruction of the personal support workers [PSWs] work by taking away the non-care functions which provide some relief will simply add to their job stress and burnout. This will alienate the PSWs even more by creating another classification that does the lighter workload while they slog away with the heavier elements of the job."

Calling the government's initiative "a band-aid solution", Mr. Hurley called instead for a massive recruitment of new PSW's and coordination with community colleges to ensure properly qualified people are available to meet the needs in future.